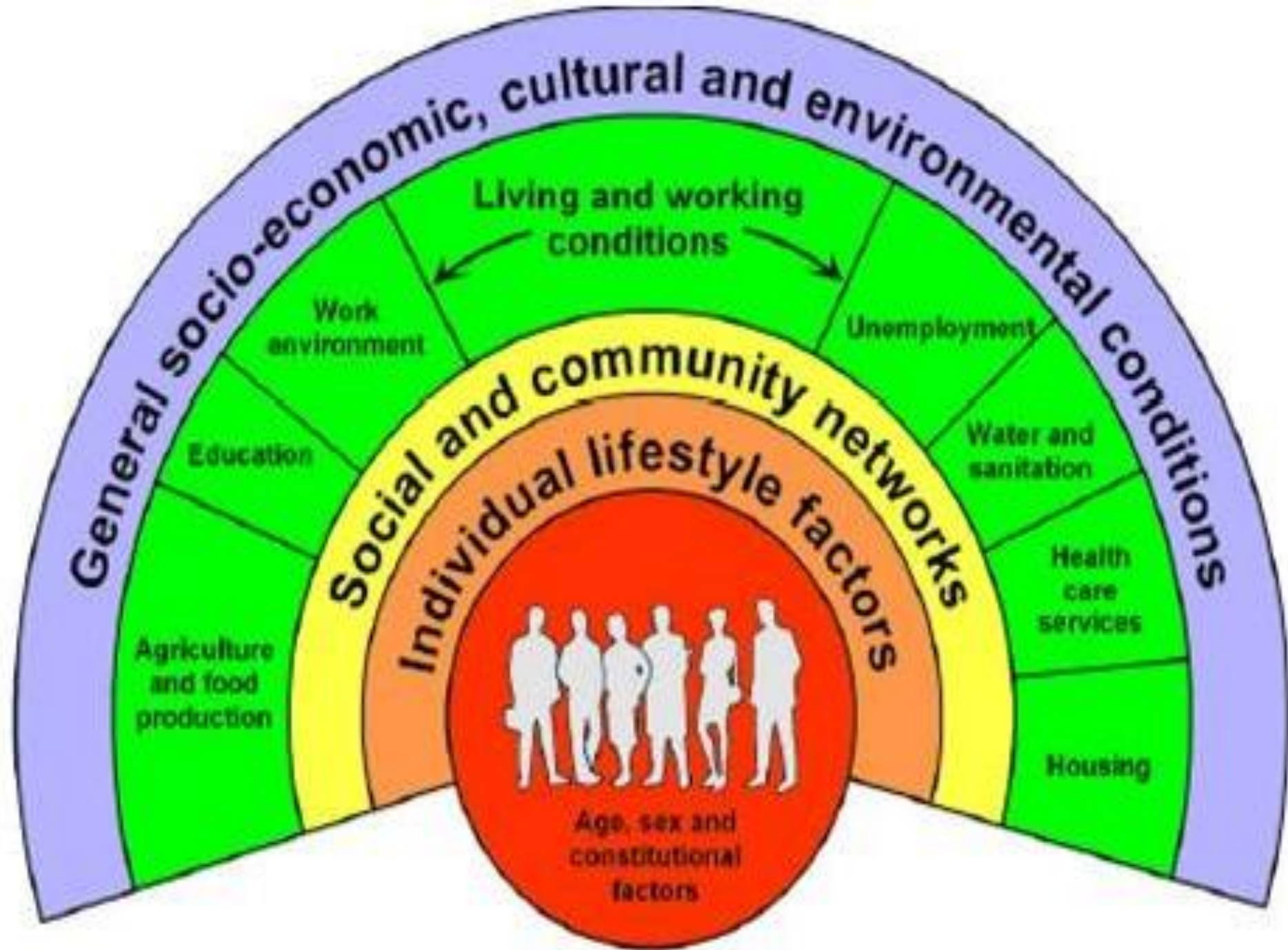




Determinants of Health

Aim: Learners will have an understanding of the holistic concept of health.

Objectives:

- ❖ Learners will analyze the relationship between socio-cultural, economic and political trends and the health of individuals and families.
- ❖ Learners will be able to list the determinants of health and its impact on individual and society.

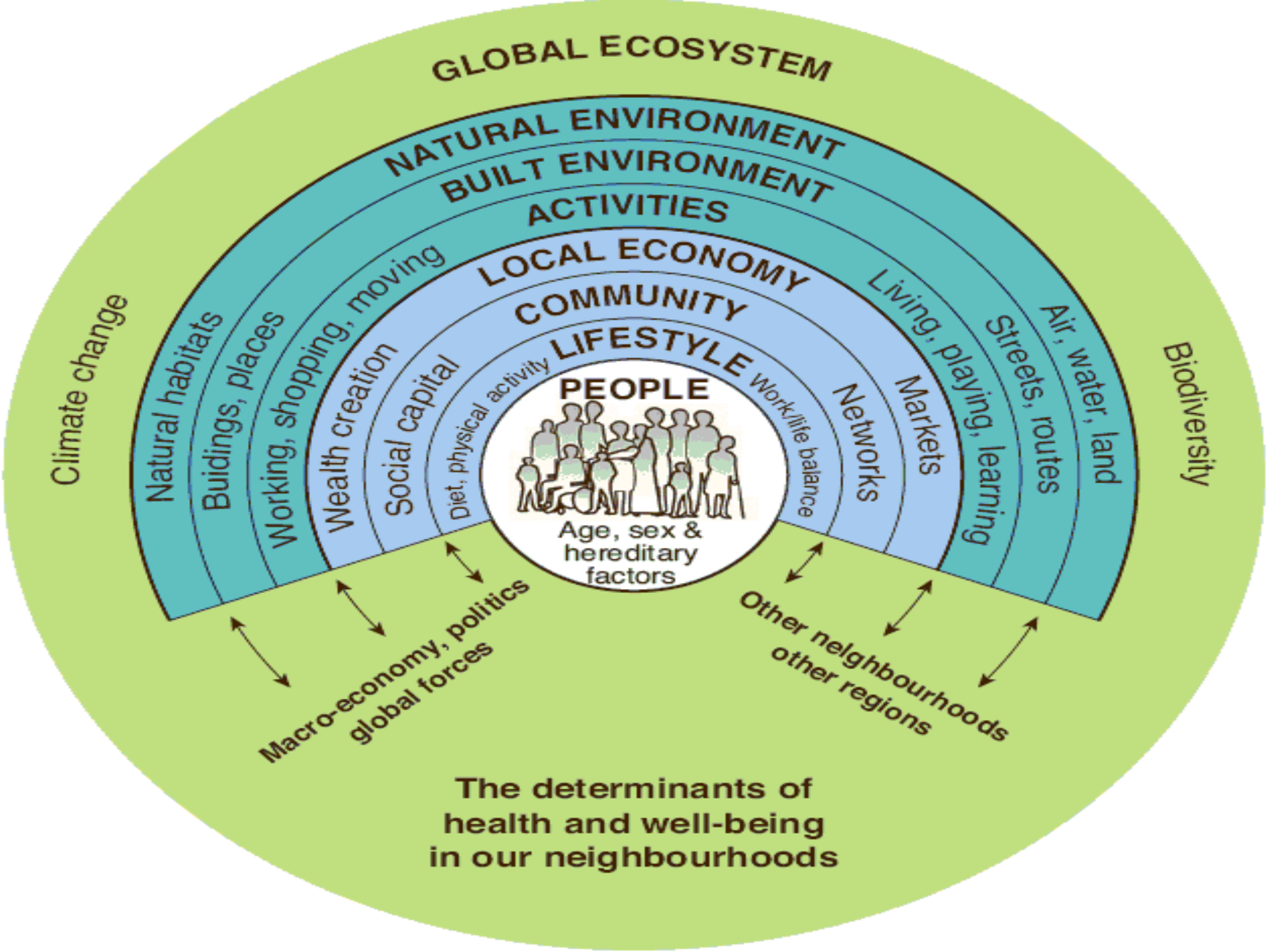
The determinants of health include:

- ❖ The social and economic environment
- ❖ The physical environment and
- ❖ The person's individual characteristics and behaviors.

The context of people's lives determine their health, and so blaming individuals for having poor health or crediting them for good health is inappropriate. Individuals are unlikely to be able to directly control many of the determinants of health. These determinants—or things that make people healthy or not—include the above factors, and many others:

The determinants of health

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.



Social determinants of health are the conditions in which people are born, grow up, live, work and age. These conditions influence a person's opportunity to be healthy, his/her risk of illness and life expectancy. Social inequities in health – the unfair and avoidable differences in health status across groups in society – are those that result from the uneven distribution of social determinants.

Social determinants of health and health inequities are amenable to change through policy and governance interventions.

Over the last century, average health status improved in Europe. However, these gains are not evenly distributed across countries or across social groups within the same country.

Health inequities can be observed in higher and lower income countries alike across the WHO European Region.

Personal behaviour and coping skills – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.

Health services - access and use of services that prevent and treat disease influences health

Gender - Men and women suffer from different types of diseases at different ages.

Education – low education levels are linked with poor health, more stress and lower self-confidence.

Physical environment – safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health.

Employment and working conditions – people in employment are healthier, particularly those who have more control over their working conditions

Social support networks – greater support from families, friends and communities is linked to better health. Culture - customs and traditions, and the beliefs of the family and community all affect health.

Genetics - inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.

Income and social status - higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the greater the differences in health.

- Alcohol use
- Health Systems Financing
- Housing and Health
- Maternal and newborn health
- Millennium Development Goals
- Occupational health
- Public health services
- Urban Health
- Water and Sanitation.

Poverty is a key factor in explaining poorer levels of health between the most and least well-off countries and population groups within the same country. Yet differences in health also follow a strong social gradient. This reflects an individual or population group's position in society, which translates in differential access to, and security of, resources, such as education, employment, housing, as well as differential levels of participation in civic society and control over life.

Healthy Communities Create Healthy People



As part of our work in South Australia between 2010–2012, we heard from people living in metropolitan Adelaide about their vision for the future. Dahlgren & Whitehead's Social Determinants of Health Model (1991) provides a good basis to provide a summary of the key themes the community identified as important.

Alcohol intake in the WHO European Region is the highest in the world. Harmful use of alcohol is related to premature death and avoidable disease and is a major avoidable risk factor for neuropsychiatric disorders, cardiovascular diseases, cirrhosis of the liver and cancer.

It is associated with several infectious diseases, such as HIV/AIDS and tuberculosis, and contributes significantly to unintentional and intentional injuries, including those due to road traffic accidents and suicide. Further, excessive alcohol use during a woman's pregnancy can lead to severe mental handicap

All Member States face difficult challenges and choices in financing their health systems. New medicines and other technological developments continually expand the range of health problems that can be treated, while ageing populations and rising expectations create upwards pressure on costs which stretch the limits of countries' ability to find adequate funding.

Macroeconomic, demographic and fiscal capacity constrains governments in allocating more public revenue for the health system. As a result, all countries – whether high, medium or low income – seek to improve the organization of health system financing.

Housing conditions affect people's health. Inadequate housing causes or contributes to many preventable diseases and injuries, including respiratory, nervous system and cardiovascular diseases and cancer.

Poor design or construction of homes is the cause of most home accidents. In some European countries, they kill more people than do road accidents.

Use of proper building materials and construction could prevent indoor pollutants or mould, causing asthma, allergies or respiratory diseases. About every tenth lung cancer case results from radon in the home. Appropriate design can prevent both exposure and the risk to health.



1

ERADICATE
EXTREME POVERTY
AND HUNGER



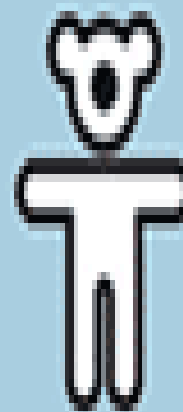
2

ACHIEVE UNIVERSAL
PRIMARY EDUCATION



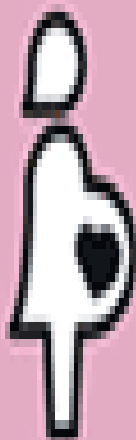
3

PROMOTE GENDER
EQUALITY AND
EMPOWER WOMEN



4

REDUCE
CHILD MORTALITY



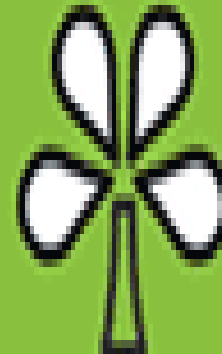
5

IMPROVE
MATERNAL HEALTH



6

COMBAT HIV / AIDS,
MALARIA AND OTHER
DISEASES



7

ENSURE
ENVIRONMENTAL
SUSTAINABILITY



8

GLOBAL
PARTNERSHIP FOR
DEVELOPMENT

The United Nations Millennium Declaration, adopted in 2000 by 189 nations, embraces a vision for a world in which countries work in partnership for the betterment of all, particularly the most disadvantaged. This vision was transformed into eight Millennium Development Goals (MDGs) and, since then, a total of over 20 targets and 60 indicators.

Three of the goals are health-specific, addressing child health (MDG 4) and maternal health (MDG 5) and combating HIV/AIDS, malaria and other diseases including tuberculosis (MDG 6).

Poverty is a key factor in explaining poorer levels of health between the most and least well-off countries and population groups within the same country. Yet differences in health also follow a strong social gradient. This reflects an individual or population group's position in society, which translates in differential access to, and security of, resources, such as education, employment, housing, as well as differential levels of participation in civic society and control over life.

The other goals address key determinants of health including poverty and hunger, gender equality, environmental sustainability, and global partnership for development.

Determinants of Health



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graph TD; A((Income and Social Status)) --- B((Social Support Networks)); B --- C((Education)); C --- D((Employment and Working Conditions)); D --- E((Physical Environments)); E --- F((Biology and Genetics)); F --- G((Personal Health Practices and Coping Skills)); G --- H((Healthy Child Development)); H --- I((Health Services and Social Services)); I --- J((Social Environments)); J --- K((Gender)); K --- L((Culture)); L --- A;
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Income and
Social Status

Social
Support
Networks

Education

Employment
and Working
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Physical
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Biology and
Genetics

Personal
Health
Practices and
Coping Skills

Healthy
Child
Development

Health
Services
and Social
Services

Social
Environments

Gender

Culture

Thank
You!